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TMI LCN CINCINNATI – HAPPY 3rd BIRTHDAY!!

by Andrea Berger
Cincinnati Certified Chapter Leader LCN Leadership Council

This April, the TMI LCN Chapter in Cincinnati, Ohio celebrated its 3rd birthday!! Our first meeting was on April 25, 2010, when 12 people attended. Since then, we have grown to a group of 160 people, meeting at least once a month (in 2012 we met 16 times!), usually ~18 people attending every meeting. Many have become good friends and love the company of like-minded people. We usually have 2-3 new people at every meeting. Some of our favorite exercises are: *Opening the Heart, Inner States-Dawning of Awareness, Positively Ageless*, *Healing Journeys* and *Chakra Meditation*. In addition to the local chapter meetings, we also get together for Excursion workshops, SyncCreation and other advanced workshops. Over time, some people decided to take the next step – go to TMI and attend Gateway Voyage and other graduate programs. It's always exciting when they come back and share their experiences with the rest of the group. Our chapter enables us to recreate some of the TMI atmosphere here in Cincinnati!